



Marshall's Park Academy -Curriculum Overview

Subject: Physical Education GCSE Year Group: 10



(Introduction and overview of the subject and how lessons are taught for this year group)

- Students are taught a variety of sports over the Year to highlight the Practical demands on each sport/activity. The sports will be bespoke to the cohort to maximise participation in preparation for the exam.
- Students are in ability groups for the Theory lessons where they are taught a variety of Topics from the TWO Theory components on the specification. Teachers focus on the AO1 and AO2 understanding of students.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <ul style="list-style-type: none">• Performance Enhancing Drugs• Sport Injuries• Warm Up/Cool Down• Commercialisation• Sportsmanship• Gamesmanship• Mechanical Guidance• Practice Structures• Open/Closed Skills• Feedback Performance	<p>KNOWLEDGE/SKILLS</p> <ul style="list-style-type: none">• Review Understanding (H and P) <i>Highlight weaknesses</i>• Questioning of topic• Long Answer Question• Full Past Paper Test (H and P)• Lever System and Classes• Body Systems• Planes and Axes of Movement• Goal Setting (SMART)• Sedentary Lifestyles	<p>KNOWLEDGE/SKILLS</p> <ul style="list-style-type: none">• Introduction to PEP• PAR Q'; Warm ups and Cool Downs• Components of Fitness• Fitness Tests• Principles of Training• Training Thresholds• Methods of Training• Fitness Testing• PEP Prep• PEP Writing
<p>KEY ASSESSMENTS</p> <p>HALF TERM 1 End of Unit Test</p> <p>HALF TERM 2 End of Unit Test</p>	<p>KEY ASSESSMENTS</p> <p>HALF TERM 1 End of Unit Test</p> <p>HALF TERM 2 End of Unit Test</p>	<p>KEY ASSESSMENTS</p> <p>HALF TERM 1 End of Unit Test</p> <p>HALF TERM 2 End of Unit Test</p>
<p>Extended reading suggestions and links to external resources: Edexcel Specification, Revision guides (Edexcel), www.theeverlearner.com</p>		